

Iyi Mfashanyigisho igamije gufasha abaturage ba leta ya New Hampshire gутегура gahunda yo gufata urukingo rwa COVID-19 binyuze ku Rubuga Rwifashishwa mu Gutanga Urukingo & Ubudahangarwa (VINI) muri leta ya New Hampshire.



Ni iki nsabwa gukora mbere ya gahunda yanje yo gukingirwa?

Igihe ufashe gahunda:

- ✓ Nubona imeli cyangwa ubutumwa bukwibutsa, emeza gahunda yawe ku ngengabihe yawe uhitamo itariki ndetse n'igihe.

Umunsi umwe mbere yuko gahunda yawe igeria:

- ✓ Urakira kuri imeli **ifishi yuzuzwa mbere yo gukingirwa** iturutse kuri noreply_NHVMS@notices.nh.gov mu masaha 12 mbere ya gahunda yawe mu rwego rwo kugufasha kwihutisha gahunda yawe ndetse no kugabanya gutinza abandi ku ivuriro. Ushobora kandi kubona iyi fishi muri konti yawe ya VINI ukanda ahari ibisobanuro bya gahunda yawe.

Niba udashobora kugera cyangwa udafite konti ya VINI, uzuzuza ifishi yuzuzwa mbere yo gukingirwa ku ivuriro igihe gahunda yawe yageze.

- ✓ Shyira hamwe inyandiko cyangwa impapuro ukeneye kujyana igihe gahunda yawe yo gukingirwa COVID-19 yageze. Bigendanye n'icyiciro cy'ikingira urimo, gendera ku rutonde ruri hasi kugira ngo umenye ibyo uzana:

a. **Icyiciro cya 1A:** Icyemezo gitangwa n'umukoresha cyangwa inyemezbawishyu igaragaza izina/aho abarizwa ndetse n'uruhushya rwo gitwara ibinyabiziga cyangwa ikindi cyemezo kikuranga kitari uruhushya rwo gutwara.

b. **Icyiciro cya 1B: Kimwe muri ibi bikurikira:**

i. Uruhushya rwo muri NH rwo gitwara ibinyabiziga rwemewe, kandi rutarangije igihe cyangwa ikindi cyemezo kikuranga kitari uruhushya rwo gutwara.

ii. Sheki y'umushahara, inyandiko igaragaza urutonde rw'abakozi n'imishahara, cyangwa amasezerano y'akazi agaragaza aderesi ya nyirubwite yemewe muri leta ya New Hampshire, byakozwe mu minsi 60 ishize.

iii. Inyemezbawishyu igaragaza serivise zishyurwa na leta (ni ukuvuga., Ubwiteganyirize), igaragaza aderesi ya nyirubwite yemewe muri leta ya New Hampshire, byakozwe mu minsi 60 ishize.

c. **Icyiciro cya 2A:** Uruhushya rwo muri NH rwo gitwara ibinyabiziga rwemewe, kandi rutarangije igihe cyangwa ikindi cyemezo kikuranga kitari uruhushya rwo gutwara. **NDETSE, kimwe muri ibi bikurikira:**

i. Sheki y'umushahara, inyandiko igaragaza urutonde n'imishahara, cyangwa amasezerano y'akazi ku kigo cy'ishuri, ikigo cyita ku bana, cyangwa ingando y'urubyiruko, byakozwe mu minsi 60 ishize.

ii. Ibaruwa y'ikigo cy'ishuri, ikigo cyita ku bana, cyangwa ibaruwa y'ingando y'urubyiruko igaragaza ko wemerewe gukingirwa mu Cyiciro cya 2a.

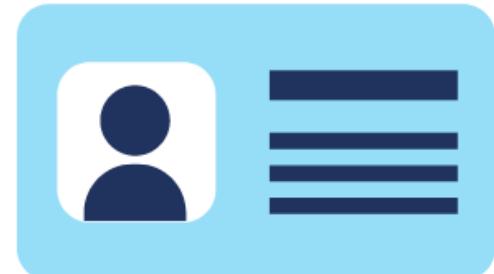
iii. Ikarita iriho ifoto yatanzwe n'ikigo cy'ishuri, ikigo cyita ku bana, cyangwa ingando y'urubyiruko.

d. **Icyiciro cya 2B: Kimwe muri ibi bikurikira:**

i. Uruhushya rwo muri NH rwo gitwara ibinyabiziga rwemewe, kandi rutarangije igihe cyangwa ikindi cyemezo kikuranga kitari uruhushya rwo gutwara.

ii. Sheki y'umushahara, inyandiko igaragaza urutonde n'imishahara, cyangwa amasezerano y'akazi ku kigo cy'ishuri, ikigo cyita ku bana, cyangwa ingando y'urubyiruko, byakozwe mu minsi 60 ishize.

iii. Inyemezbawishyu igaragaza serivise zishyurwa na leta (ni ukuvuga., Ubwiteganyirize), igaragaza aderesi ya nyirubwite yemewe muri leta ya New Hampshire, byakozwe mu minsi 60 ishize.



- ✓ Niba uru ari urukingo rwa kabiri rwa COVID-19, itwaze kopi igaragaza amakuru yuko wafashe urukingo rwa mbere cyangwa Ikarita y'urukingo rwa COVID-19 itangwa na CDC.

Umunsi wa gahunda yawe:

- ✓ Itwaze inyandiko cyangwa impapuro (zavuzwe haruguru)
- ✓ Ambara imyenda ituma wumva wisanzuye n'umwambaro w'amaboko magufi cyangwa ikoti ryorohereza abo ku ivuriro kugera neza ku rutugu
- ✓ Gera ku ivuriro mu minota 15 mbere yuko gahunda yawe igeru
- ✓ Niba wumva urwaye ku munsi wa gahunda yawe cyangwa warisuzumishije COVID-19 mu minsi 14 ufitemo gahunda yo gufata urukingo, ongera uteganye gahunda ikindi gihe uzumva ufiti ubuzima bwiza kandi umeze neza
- ✓ Menya [ingaruka rusange](#) zigaragara nyuma yo gufata urukingo rwa COVID-19 hanyuma ubone inama z'ingirakamaro z'uburyo bwo kugabanya ububabare bwawe no kumva utamerewe neza
- ✓ Itegure gutegereza kuva ku minota 15 kugeza kuri 30 nyuma yo kwakira urukingo kugira ngo ukurikiranwe
- ✓ Iyandikishe kuri [v-safe](#), urubuga rwa CDC rwifashishwa mu gukurikirana ubuzima bwa buri muntu nyuma yo kwakira urukingo rwa COVID-19



Murakoze cyane – witeguye neza gahunda yo guhabwa urukingo rwa COVID-19!

Niba ufiti ibibazo kuri iki gikorwa, hamagara 2-1-1 kugira ngo uhabwe ubufasha.